



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03289, Babyfood, apples with ham, strained

Report Date: June 24, 2017 21:59 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Gerber Second Food (4 oz) 113g
Proximates							
Water	g	85.30	--	--	12.79	96.39	96.39
Energy	kcal	62	--	--	9	70	70
Energy	kJ	259	--	--	39	293	293
Protein	g	2.60	--	--	0.39	2.94	2.94
Total lipid (fat)	g	0.90	--	--	0.14	1.02	1.02
Ash	g	0.30	--	--	0.04	0.34	0.34
Carbohydrate, by difference	g	10.90	--	--	1.64	12.32	12.32
Fiber, total dietary	g	1.8	--	--	0.3	2.0	2.0
Sugars, total	g	7.98	--	--	1.20	9.02	9.02
Minerals							
Calcium, Ca	mg	4	--	--	1	5	5
Iron, Fe	mg	0.30	--	--	0.04	0.34	0.34
Magnesium, Mg	mg	7	--	--	1	8	8
Phosphorus, P	mg	34	--	--	5	38	38
Potassium, K	mg	120	--	--	18	136	136
Sodium, Na	mg	9	--	--	1	10	10
Zinc, Zn	mg	0.40	--	--	0.06	0.45	0.45
Copper, Cu	mg	0.040	--	--	0.006	0.045	0.045
Manganese, Mn	mg	0.020	--	--	0.003	0.023	0.023
Selenium, Se	µg	4.6	--	--	0.7	5.2	5.2
Vitamins							
Vitamin C, total ascorbic acid	mg	0.1	--	--	0.0	0.1	0.1
Thiamin	mg	0.060	--	--	0.009	0.068	0.068

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Gerber Second Food (4 oz) 113g
Riboflavin	mg	0.060	--	--	0.009	0.068	0.068
Niacin	mg	0.730	--	--	0.109	0.825	0.825
Pantothenic acid	mg	0.097	--	--	0.015	0.110	0.110
Vitamin B-6	mg	0.070	--	--	0.011	0.079	0.079
Folate, total	µg	2	--	--	0	2	2
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	2	--	--	0	2	2
Folate, DFE	µg	2	--	--	0	2	2
Choline, total	mg	11.8	--	--	1.8	13.3	13.3
Vitamin B-12	µg	0.02	--	--	0.00	0.02	0.02
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	3	--	--	0	3	3
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	2	--	--	0	2	2
Vitamin A, IU	IU	6	--	--	1	7	7
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	14	--	--	2	16	16
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.01	0.08	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.0	0.1	0.1
Vitamin D	IU	3	--	--	0	3	3
Vitamin K (phylloquinone)	µg	0.5	--	--	0.1	0.6	0.6
Lipids							
Fatty acids, total saturated	g	0.250	--	--	0.037	0.282	0.282
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.002	--	--	0.000	0.002	0.002
12:0	g	0.001	--	--	0.000	0.001	0.001
14:0	g	0.012	--	--	0.002	0.014	0.014
16:0	g	0.162	--	--	0.024	0.183	0.183

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Gerber Second Food (4 oz) 113g
18:0	g	0.079	--	--	0.012	0.089	0.089
Fatty acids, total monounsaturated	g	0.360	--	--	0.054	0.407	0.407
16:1 undifferentiated	g	0.028	--	--	0.004	0.032	0.032
18:1 undifferentiated	g	0.346	--	--	0.052	0.391	0.391
20:1	g	0.004	--	--	0.001	0.005	0.005
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.111	--	--	0.017	0.125	0.125
18:2 undifferentiated	g	0.100	--	--	0.015	0.113	0.113
18:3 undifferentiated	g	0.006	--	--	0.001	0.007	0.007
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.005	--	--	0.001	0.006	0.006
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	8	--	--	1	9	9

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0